



# CMDP NEWS



The Comprehensive Medical and Dental Program (CMDP)  
A Program of The Division of Children, Youth and Families, Arizona Department of Economic Security  
*Bi-Annual Newsletter for Arizona's Foster Care Community*

**DECEMBER 2007**    **CMDP Ph#-602-351-2245, 1-800-201-1795**    **4<sup>TH</sup> EDITION**

Welcome to the Fourth Edition of the **2007 CMDP NEWS**.

## Happy Holidays

### **CMDP Mission Statement:**

“CMDP promotes the well being of Arizona’s children in foster care by ensuring, in partnership with the foster care community, the provision of appropriate and quality health care services.”

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### Warnings on Cold Medicines

Cold and cough medicines should not be used for children under 6 years old. These medicines should carry warnings that they can cause fatal overdoses in young children, according to U.S. safety reviewers. Makers of the drugs said they agree.

The Consumer Healthcare Products Association is a trade group representing the leading makers of non-prescription drugs. They plan to recommend that the labels be changed for all over the counter (OTC) cough and cold medicines. The label should read: **“Do Not Use in children under 6 years of age.”**

Over the past several years a lot of young children went to emergency rooms due to bad reactions to these drugs. (This is according to a report in January 2007 from the U.S. Centers for Disease Control and Prevention in Atlanta)

Please contact your primary care provider before giving a child any OTC cold medicines.

### The Fussy Baby Program

Equal Opportunity Employer/Program • Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI & VII), and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975, the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, and disability. The Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, call 602-351-2245; TTY/TDD Services: 7-1-1. **Empleador/Programa con Igualdad de Oportunidades. Para obtener este documento en otro formato, comuníquese con Servicios para Miembros al 602.351.2245 o al 1-800-201-1795.**



The Fussy Baby Program is a part of the Fussy Baby Network at Chicago's Erikson Institute. This program is also part of the **Birth to Five Helpline**. The Helpline gives information and support about parenting young children.

**The Fussy Baby staff includes:**

- Infant Mental Health Clinician
- Developmental Pediatrician
- Nurse
- Occupational Therapist

The goal of this service is to help callers cope with excessive infant crying. The program also has services for other risk factors, such as adult mental health issues or developmental delays in the baby. Telephone and home visiting support are offered. Home visiting is only in Maricopa County.

(Callers to the Fussy Baby Program use the same phone number as the **Birth to Five Helpline 1-877-705-KIDS**)

**Childhood Lead Exposure**

Young children often place their toys, fingers and other objects in their mouths as part of their normal development. This may put them in contact with lead paint or dust.

Lead is a danger to babies and young children and can harm them even before they are born. Lead poisoning can damage their nervous systems, brains and other organs. It can also lead to health, learning and behavioral problems.

We all have heard the news reports about the toys made in China that are coated with lead.

CMDP recommends foster caregivers with children in the newborn/toddler stage test their toys with "Lead-Check" swabs. You can get the swabs in the paint department of the home improvement stores. Foster caregivers should have children screened for lead during their EPSDT or Well-Child visits. Twelve and 24 month olds need to be screened if they live in houses built and painted when paint contained lead.

**Health Alert: Methicillin-Resistant Staphylococcus Aureus (MRSA)**

MRSA is now a common type of Staph infection seen in the community. It is the same as a skin infection or "ringworm" in that it occurs when the skin has a small break in it and someone has had skin-to-skin contact with someone who is infected or is a carrier through an infection in their nose. MRSA is different in that it is harder to treat with normal antibiotics. It can look like a large red spot, spider bite or boil.

The person with MRSA needs antibiotics by mouth or injection to treat the infection. Once the skin wounds heal, many people can be "cured" of MRSA. Some people will have the infection reoccur in their noses or from other people with a MRSA infection.

Hand washing is very important, so, wash your hands often and completely! If you think your child has an MRSA infection, please call the PCP.

**Incontinent Briefs (Diapers) For Members**

Incontinent Briefs (diapers), including Pull-Ups, may be provided by CMDP for some children. These are the CMDP guidelines:



- The child must be older than 3 years of age.
- The child has a documented medical condition causing lack of bladder or bowel control.
- The PCP has written a prescription for up to 240 diapers per month, unless more is needed, depending on the medical condition.
- Diapers cannot be provided for bed-wetting only.

If CMDP supplies diapers, your CPS Specialist will no longer be able to give a stipend to buy diapers. CMDP will have them delivered to your home by a supply company.

If you have any questions, please contact the Medical Services Unit at CMDP.

### **Care of Substance-Exposed Newborns**

There are some children in foster care that were exposed to harmful substances at birth and are considered "Substance-Exposed Newborns" or SENs.

These substances can include exposure to alcohol and other drugs of abuse. Caring for these infants and children is very important.

Below is some helpful advice regarding the care of SENs:

### **Comfort Measures:**

- Allow the baby to rest between feedings and diaper changes.
- Don't handle the baby excessively.
- Establish a sleep and wake routine; this will help keep the baby calm.
- Keep a consistent and stable environment.

- Coordinate all care (diaper changes, feedings, etc.) after the infant wakes.
- Keep the baby tightly wrapped in a blanket for comfort.

### **Feeding:**

- Give the baby small, frequent feedings.
- You may need to try different nipples if the baby doesn't feed well.
- Offer a pacifier to satisfy the baby's sucking reflex. Not all sucking indicates hunger.
- Discuss optimal calorie needs with the baby's doctor or PCP.
- You may need to wake and feed the infant every 4 hours if they are not getting proper calorie needs.
- Ask the baby's pediatrician if you need a referral for a feeding evaluation.

### **For Irritability and Sleeping Difficulties:**

- Don't allow the baby to become frantic.
- Keep the room dark and calm, without loud noises.
- Swaddle the baby in a flexed (bent slightly at waist and knees) position.
- Vertical rocking with an up and down motion is more calming than horizontal or side-to-side rocking.
- Avoid eye contact, wearing eyeglasses, large earrings or full hair; these things may excite the baby.
- Keep the baby at arm's length when holding.
- Give a pacifier to help with sucking reflex.

### **Muscle Tone and Posture:**

- Do gentle movement of the arms and legs.
- A massage may help the baby relax.
- Hold the baby securely by keeping the arms and legs wrapped close to the body.



- Avoid a great deal of excessive movement.
- Be sure the baby spends time on the tummy during the daytime. You must supervise the baby when in this position, as the substance-exposed baby is at greater risk of Sudden Infant Death Syndrome (SIDS).
- Tummy time helps the baby develop good head support, trunk support, and explore their environment and also avoids excessive flattening of the head.
- No walkers. Walkers are not only dangerous, but they position infants/toddlers in unnatural postures. Unnatural positions may delay normal development.
- Ask your pediatrician if the baby may need an Occupation Therapy or Physical Therapy evaluation.

#### **SIDS Prevention:**

- The American Academy of Pediatrics ***Back to Sleep Program*** states, "Always have infants sleep on their back, unless they are having supervised tummy time."
- Avoid overheating. Dress the infant appropriately, do not over bundle, but rather keep the baby in appropriate dress and blankets for the temperature.
- Avoid second hand smoke exposure.
- Keep the baby off soft surfaces, pillows, blankets and mattresses; this increases the risk of SIDS.

#### **Developmental Interventions:**

- Ask the baby's pediatrician for a referral to the **Arizona Early Intervention Program (AzEIP)**. AzEIP provides support to families of infants and toddlers from birth to 3 years of age with disabilities or special developmental needs.

- Enroll the child in a **Head Start** or an **Early Head Start program**.
  - **Head Start** - Head Start and Early Head Start are child development programs that serve children from birth to age 5, pregnant women and their families. The programs have the overall goal of increasing school readiness of young children who are in low-income families.
- Read to the baby and interact verbally on a daily basis.
- Ask the baby's pediatrician to consider a speech referral if early vocalizations are not present or the infant has a speech delay.
- Ask the pediatrician to consider a hearing evaluation if the infant does not appear to hear or respond to your voice. All infants should be screened for hearing loss at birth.

#### **Family Planning and Pregnancy Services**

CMDP New Enrollment Packets are mailed to the CPS Specialists. The packet has the **CMDP Family Planning Form, CMD-078**. The packet has other important member related information too. Please, review this form with your child if he/she is 12 years or older. If you don't have the form, let your CPS Specialist know or call CMDP for additional forms.

Call CMDP as soon as you know your foster daughter is pregnant. The CMDP Maternal Health Coordinator (MHC) will send e-mail to the CPS Specialist. The email states the importance of prenatal care. It also covers making a visit with an Obstetrician and offers help getting HIV testing.



The MHC monitors the services given to pregnant members. The MHC also checks that prenatal care visits are met. CMDP considers teenage members to be “at high risk”. There should be a prenatal care visit within 3 days of knowing she is pregnant.

Please tell the MHC the date of the first prenatal visit and the date of the teen’s postpartum visit. Here are additional contacts that you can share with your foster daughter:

- The [Arizona Department of Health Services, Arizona Women, Infants, and Children \(WIC\)](#) at 1-800-2525-WIC or 1-800-252-5942, provides [assistance and information](#) about pregnancy, breast-feeding and infant nutrition.
- The Arizona Department of Health Services, [Pregnancy and Breastfeeding Hotline](#) at 1-800-833-4642 provides information and referral, education and support with pregnancy and breastfeeding.

Please discuss this with your pregnant daughter and your CPS Specialist.

(If there are any questions contact the CMDP MHC at 602-351-2245 or 1-800-201-1795.)



### Pre-Teen Vaccine Campaign

As kids get older, protection provided by some childhood vaccines can begin to wear off. Kids can also develop risks for more diseases as they get older. Help your child transition into adolescence in a healthy way by staying up-to-date on pre-teen

vaccines. Doctors recommend that all 11 and 12 year olds get the Tdap and meningitis vaccines. 11 and 12-year-old girls should also get the human papillomavirus (HPV) vaccine. Also, please be sure pre-teens have 2 MMR shots.

### Member ID Cards

If there is a delay getting the member ID card, check with the CPS Specialist or the Juvenile Justice representative. The ID card and the New Member Information Packet is sent to them by CMDP within two days of a new enrollment. If they do not have the card, please contact CMDP Member Services.

### Culturally Competent Health Care



Walgreens Health Initiatives (WHI) has some great culturally competent prescription services, please read about them below:

### **Prescription Plus:**

Walgreens pharmacies can print medicine labels into 14 different languages.

### **The languages are:**

English, Spanish, Russian, Mandarin Chinese, Polish, Vietnamese, French, Portuguese, German, Italian, Tagalog (Philippines), Arabic, Korean and Japanese





This service helps to make sure the labels and instructions are easy to read and understand.

Walgreens states that after English and Spanish, the most requested language is Chinese.

### **Dial-A-Pharmacist:**

Walgreens also has a language service called "Dial-a-Pharmacist". This allows patients to speak on the phone to the pharmacist in their native language. The service is for the same 14 languages offered for prescription labels.

There are no charges to CMDP members and their foster caregivers for these services.

If there are questions, call CMDP Medical Services or a Walgreens pharmacy.

### **Dental Reminder**

It is recommended that children beginning at **1 years old** visit a dentist once a year for a check-up.

All children by the age of 3 should visit the dentist twice a year for check-ups and more often, if needed.

- All CMDP member materials are available in alternative formats and languages.
- Translation and interpreting services are also available for members and foster caregivers.
- Translation and interpreting services are also available for members and foster caregivers.
- These services are free of charge.

- Make your request by contacting Member Services, 602-351-2245, Toll Free 1-800-201-1795.

### **Web Site Information**

#### **Spanish Language Parenting Booklet:**

The National Institute of Child Health and Human Development (NICHD) has a Spanish-language booklet for Hispanics who are seeking advice on parenting. The title is "*Que Significa ser Padres?*" (What Does It Mean To Be Parents?).

The booklet has 70-pages on parenting. The advice is helpful for first-time parents, caregivers and grandparents. The information can be used for children of any age. Real-life examples of how some parents have used these action steps are presented.

For FREE copies call 1-800-370-2943 or go to:  
[http://www.nichd.nih.gov/publications/pubs/upload/que\\_significa\\_ser\\_padres.pdf](http://www.nichd.nih.gov/publications/pubs/upload/que_significa_ser_padres.pdf)

The **English-language** version of NICHD's *Adventures in Parenting*:  
[http://www.nichd.nih.gov/publications/pubs/upload/adv\\_in\\_parenting.pdf](http://www.nichd.nih.gov/publications/pubs/upload/adv_in_parenting.pdf)



#### **The CMDP Web Site:**

<http://www.azdes.gov/dcyf/cmdpe/>